

July 2023

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy
INDEPENDENCE
Day!



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Julianna Brooks
Center Manager

Chris Rogers
Program Coordinator

Gloria Ortiz
Office Assistant

Stacie Davis
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs

General Information



Tuesday, August 15th, 2023
Medicaid/Estate planning presentation

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) will be and Medicaid coverage for nursing homes on the 3rd Tuesday of every other month. This is a group presentation and not a one-on-one clinic. Seniors should sign up for this presentation at the Highland front desk.

1:00pm-General lecture on wills, probate, powers of attorney.

2:00pm-Medicaid coverage on nursing homes, home & community based services



SCLO conducts 2 different clinics alternating on the 1st Wednesday of each month

You must Contact the Senior Law Office 265-2300 to Schedule your Appointment for the Wednesday Clinics.



Wednesday, July 5th
(Power of Attorney Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, June 7th, 2023, starting at 9 am (by appointment with SCLO only). An attorney will meet privately with a senior and provide advice on legal issues. Seniors need to call SCLO at 505-265-2300 to sign up with the SCLO receptionist for this clinic because there are only 6 appointment slots available for 20-minute intervals. The SCLO receptionist will make sure that SCLO handles the legal issue the senior has.

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic

Introducing DSA's New
Volunteer Program for
ALL-AGES

Introducing: VIA (Volunteers In Action)
VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless!

Visit oneabqvolunteers.com,
select "Serve with Seniors", and click
"Respond" to sign-up now!

Highland Flea Market

**Every Monday from
8am - 12noon
Room 7**

Every last Monday of each month we sell tables for the following month. Space is limited. Tables are \$2.00 you must have a current membership to purchase a table.



Please inquire at the front desk if you have any questions or how to purchase a table.

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:15am-10:00am AM Adapted Aquatics
9:00am-10:00am Exercise to Music w/Jane
10:00am-11:30am Gathering of Artists
10:15am-11:15am Gentle Exercise w/Jane
12:30pm-2:00pm PM Adapted Aquatics
2:00pm-4:15pm Bingo

Tuesday

8:15am-9:15am Flex & Tone w/Jane
9:30am-12:00pm Watercolor
10:30am-11:30am Energy Yoga w/Dave
Plummer
10:00am-11:00am Beginning Ball Room
w/Beth
12:30pm-4:30pm AARP Smart Driver
Course (every 1st)
1:00pm-3:00pm Conversation Spanish
1:00pm-3:00pm Senior Citizen's Law
Office
(every 3rd Tues. of every other month see page 2 for
more details)

Wednesday

8:30am-12:30pm GEHM Clinic (every 1st)
8:15am-10:00am AM Adapted Aquatics
9:00am-10:00am Exercise to Music w/Jane
9:00am-12:00pm Senior Citizen's Law Office
Appointments (every 1st)
10:00am-12:00pm Highland Harmonizers
10:15am-11:15am Gentle Exercise w/Jane
1:00pm-3:30pm Mexican Train Dominoes
1:00pm-3:30pm Beginning Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
4:00pm-6:00pm ORCA Game Night (2nd & 4th
only) [Older Rainbow Community of Albuquerque]
5:30pm-6:30pm ORCA Loss Group
4:30pm-6:30pm Beginning Ukulele

Thursday

8:15am-9:15am Flex & Tone w/Jane
10:30am-11:30am Tai Chi w/Dave
2:00pm-4:00pm Senior LGBT Meeting
(every 2nd)

Friday

8:15am-10:00am AM Adapted Aquatics
9:00am-10:00am Exercise to Music w/Jane
9:30am-11:00am Rosemalers
10:15am-11:15am Gentle Exercise w/Jane
10:30am-12:00pm Hi-Toners
12:30pm-2:00pm Adapted Aquatics
2:00 pm-4:00 pm Afternoon Matinee Movie

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
12:00 pm-3:00pm Monthly Afternoon Dance (every
4th)
12:30pm-3:30pm NM OLOC/Old Lesbians Organizing for
Change (every 3rd)
1:30pm-3:30pm - Music Jam Session (every 2nd)

Our Mission

The Department of Senior
Affairs is committed to
Providing resources with
care and compassion that
help our community thrive
while embracing aging.

What's Happening at Highland

AFTERNOON MATINEE

Movies start at 2pm unless otherwise noted

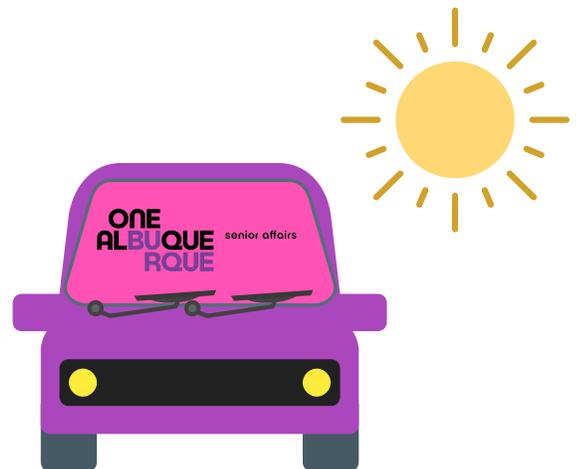
<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
7/7	65	PG-13
7/14	80 for Brady	PG - 13
7/21	Operation Fortune	R
7/28	Criminal	R



***We include Movie rating so that you can decide if you want to watch! Movie Participants will get 1 free bag of popcorn additional bags are only 25 cents.

Trips

A minimum of six people must sign up for trips in order for the van to depart. Sign up **REQUIRED** at the front desk for all trips and you must have a current membership to participate in Trips!
Please see our bulletin board for trip flyers and details!



Did you know that you can view all of our current activities on our City of Albuquerque website?
For all information on services, monthly menu and individual centers please log on to:
www.cabq.gov/seniors

We are also on Social Media look for us there!



What's Going on at Highland

Coordinators Corner:

Can you believe we are already halfway through 2023?! Just in these few short months Highland is changing right before your eyes. It's an exciting time to be attending Highland Senior Center! We just wrapped up our last Diverse IT computer classes, enjoyed the rhythmic sound of Kobe the Drummer in honor Juneteenth, then enjoyed a day of laughter, education, and celebration for our Pride event to close out the month! While you enjoy the summer, weather you're on vacation, visiting grandkids, gardening or whatever you do, here are some key tips to remember: Stay hydrated, stay indoors during extreme heat, and stay in an air-conditioned place. Please remember that a \$20.00 membership is required for ALL programs and activities. Check out the bulletin boards and monitors for the current events, activities, classes and other important information!

Words of wisdom, the secret of staying young is to live honestly,
eat slowly and lie about your age.

Chris Rogers, Program Coordinator



Highland Senior
Center will be Closed
on Tuesday,
July 4th, 2023, in
Observation of
Independence Day

Classes

AARP Smart Driver Course

1st Tuesday
every Month
12:30pm- 4:30pm

SAFE
DRIVING

Cost: \$20 for AARP
members
\$25 Non-members
Sign up
Required at
the front desk



AARP

Learn To Play Ukulele With Us

UKULELE BEGINNERS WITH
ANNE WETHROW, WHO
SAYS: "IF YOU CAN'T HAVE
FUN, IT ISN'T WORTH IT."

Learn the basics of
ukulele; holding,
strumming, chords and
playing songs!

WEDNESDAYS:
4:30PM-6:30PM
ROOM 7



HIGHLAND SENIOR CENTER MEXICAN TRAIN



WEDNESDAYS
1:00PM-4:00PM
ROOM 5

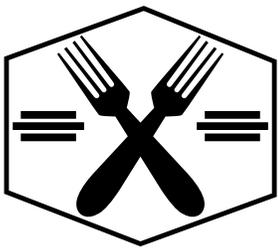
Mexican Train is game played with dominoes. The object of the game is for the player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from central hub or "station".

¿HABLA ESPAÑOL?



Conversational Spanish
Every Tuesday
1:00pm-3:00pm

**Conversational Spanish is a group for those who already speak Spanish, please see leader for more info. This group is not a beginners class.



Information

LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

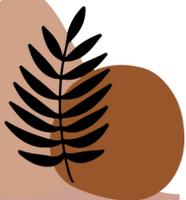
WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm. Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

Reminder:
Meals are to be consumed at the center in the Social Hall.
Meals are not permitted to take out.

Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- Support the program development by acting as the ears and eyes of the Department, assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities.
- Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.



Senior Affairs Advisory Council Meetings **All Meetings start at 12 noon**

Monday, July 17, 2023

Highland Senior Center - 131 Monroe NE

August- NO Meeting

Monday, September 18, 2023 - Location to TBD

Monday, October 16, 2023

Senior Information & Assistance - 1620 1st St. NW

Monday, November 20, 2023

Manzano Mesa Multigenerational Center - 501 Elizabeth

December 2023 - NO Meeting

Department Participant Code of Conduct

Participant Code of Conduct

(Section 2.9: B-C; Revised March 2020)

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.



Updates

CENTER UPDATES FROM THE MANAGER

As construction is under way at Highland Senior Center we have moved some classes temporarily, please see our fliers or ask the front desk for the changes. We look forward to the construction and the new multi-purpose room to be completed and then we can get settled in with our new expansion. We hope that everyone is enjoying some of the changes that have occurred at Highland, for instance the Fitness room. This move has presented a lot of wonderful comments from members who use it, and the space provided a wonderful bright change for everyone. In addition to the fitness room, we have moved the Billiards room also and our members have enjoyed this move as well!

But we are not finished yet, as you all know this construction and movement is just the start, in the future we do know that there needs to be expansion to our building. As we continue to grow in numbers and the daily number of seniors utilizing our center, which we know will increase because of all of the great services that the Department of Senior Affairs offers!

Just a reminder, many memberships will be expiring soon so please look at the back of your card to check the date. An updated membership is required to continue to attend and to use our centers and services. At only \$20 per year, it is still the best bargain in town! I would also like to take this time to remind members that meals are to be consumed at the center only! Meals cannot be taken out of the building, and we will be monitoring this daily, I ask that all participants follow these rules so that we can continue to provide the meals services. If you need more information on this, please feel free to contact me.

Julianna Brooks, Center Manager



AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.



AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque's Department of Senior Affairs is proud to sponsor these programs for over 40 years!

For more information visit cabq.gov/seniors/volunteer-opportunities

FOSTER GRANDPARENT PROGRAM

Help kids learn, and guide students to higher academic achievement. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-6412.**

SENIOR COMPANION PROGRAM

Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend.

For more information, **Call (505) 764-1007.**



RSVP

(RETIRED & SENIOR VOLUNTEER PROGRAM)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.

For more information, **Call (505) 767-5225.**

Daily Breakfast & A-la-Carte-Menu

Breakfast

Monday-Friday
8:00 a.m. – 9:00 a.m.

- Full Breakfast \$1.50**
2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla
- Mini Breakfast 75¢**
1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla
- Breakfast Burrito \$1.50**
egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile
- English Muffin Sandwich \$1.00**
1 egg, Bacon or Sausage, Cheese

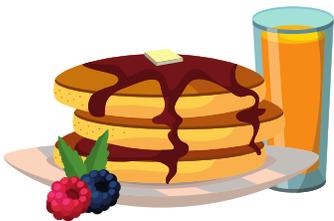
Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

Al-la-Carte

- 1 Egg 25¢ (each)
Bacon or Sausage (2 per order) 50¢
1 Pancake 25¢ (each)
1 French Toast 25¢ (each slice)
Hash Browns 30¢
Side of Red or Green Chile 25¢
Hot Cereal (Oatmeal w/Milk) 70¢
Waffle (Plain) \$1.00

See our Full A-la-Carte Menu at our
Front Desk!



****Friendly Reminder,**

**Meals are to be consumed in the Social
Hall and are not permitted to take out.**

Thank You for your cooperation!

Lunch

Monday-Friday

11:30 a.m. - 1:00 p.m.

- Grilled Cheese \$1.25**
- Soup of the Day 50¢**
- Sandwich \$1.50**
- Slice of Pie 50¢**
- Salad \$1.00**
- Sandwich choices change weekly please see front desk for menu.



Beverages

- Milk or Juice 25¢
Hot Chocolate 30¢
Hot Tea 30¢



Menu is Subject to Change

HOT LUNCH MENU

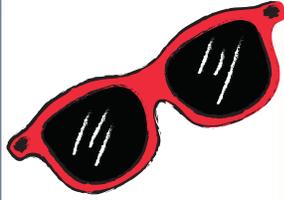
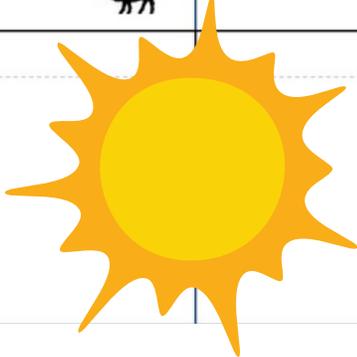
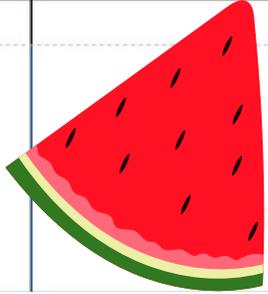
RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY



July 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
3 <ul style="list-style-type: none"> ◆ Lemon pepper chicken w/brown rice ◆ Diced beets ◆ Roasted brussels sprouts ◆ Chocolate pudding ◆ 1% Milk 	4 	5 <ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Whole wheat pasta w/ diced tomatoes ◆ Calabacitas* ◆ Yogurt ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Meatballs w/marinara w/cheese ◆ Whole grain hoagie roll ◆ Steak fries w/ketchup ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	COLD MEAL 7 <ul style="list-style-type: none"> ◆ Egg Salad on whole grain bread ◆ Lettuce & tomato ◆ Carrot sticks ◆ Seasonal fruit* ◆ 1% Milk 
10 <ul style="list-style-type: none"> ◆ Pork Chop w/brown rice ◆ Rosemary potatoes w/ margarine ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Beef fajita w/red and peppers and onions* ◆ Pinto beans* ◆ Flout tortilla ◆ Baked apples ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Pasta (Penna) primavera stir fry veg*/alfredo sauce ◆ Spinach w/onions ◆ Bread stick ◆ Yogurt ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Buttered noodles ◆ Green beans ◆ Fresh seasonal Fruit* ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Zucchini w/butter ◆ Seasonal Vegetables* ◆ Jello ◆ 1% Milk 
17 <ul style="list-style-type: none"> ◆ Carne Adovada: Pork ◆ Spinach ◆ Pinto beans* ◆ Flour tortilla ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Sweet & sour chicken w/ stir fry vegetables* ◆ Seasonal vegetable* ◆ Brown rice ◆ Fortune Cookie ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Salisbury steak w/gravy mushroom ◆ Mashed potatoes ◆ Fresh banana ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Cheese Omelet w/fajita blend ◆ Stewed tomato ◆ Dice potato ◆ Whole grain biscuit w/ margarine ◆ Mandarin Oranges ◆ 1% Milk 	21 <ul style="list-style-type: none"> ◆ BBQ pork pulled ◆ Roasted sweet potato ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 
24 <ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce: Beef ◆ Imperial blend vegetables ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Bake salmon w/lemon and garlic ◆ Ancient grain blend ◆ Green beans w/ mushrooms ◆ Fresh seasonal fruit* ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Red chile tamales: Pork ◆ Calabacitas* ◆ Pinto Beans* ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mac & cheese green chile ◆ Broccoli ◆ Seasonal Vegetables* ◆ Yogurt ◆ 1% Milk 	Cold Meal 28 <ul style="list-style-type: none"> ◆ Chicken salad sandwich on whole grain bread ◆ Sliced cucumber* and carrot sticks ◆ Cole Slaw ◆ Fresh Seasonal Fruit* ◆ 1% Milk 
31 <ul style="list-style-type: none"> ◆ Meatloaf w/tomato sauce ◆ Roasted redskin potato ◆ Succotash ◆ Fresh seasonal fruit ◆ Whole grain dinner roll w/ margarine ◆ 1% Milk 	  			

Menu is Subject to Change